

CalMHSA Express Week of September 30, 2013

Extra! Extra!  
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

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#### **Week In Review:**

- *CalMHSA Counties and Program Partners Strengthen Partnerships*
- *UC Gears Up for Back to School Season with New Mental Health Trainings and Resources*
- *Suicide Survivor Speaks Out to Help Others*
- *Candle Light Event Makes a Statement of Caring, Remembering, Supporting*
- *NAMI CA Seeks Participants for Parents and Teachers as Allies Presenter Training Program*

#### **Hot News (funded by CalMHSA and Proposition 63)**

***CalMHSA Counties and Program Partners Strengthen Partnerships:*** County staff and program partners met face-to-face and online at last week's Statewide Coordination Workgroup, "Leveraging Statewide Projects with Local MHSA Activities." The event was an opportunity to share success stories, work through challenges, and strengthen partnerships between statewide and local programs. Participants in the 2-day event held in Los Angeles and by webinar also viewed a first glimpse at RAND's interim evaluation report and learned how ongoing evaluation will help strengthen programs. Resources and links to view webinar sessions will be posted at [www.calmhsa.org](http://www.calmhsa.org) shortly. Contact: Michelle Yang at [michelle.yang@calmhsa.org](mailto:michelle.yang@calmhsa.org).

***UC Gears Up for Back to School Season with New Mental Health Trainings and Resources:*** UC students will return to campuses equipped with better-trained faculty and staff and additional mental health resources this fall, thanks to UC's Student Mental Health Initiative partnership with CalMHSA:

- *Five UC campuses launched mental health mobile apps to make it easier for students to access information on what to do if a student is experiencing a mental health crisis or is concerned about a friend. The remaining six campuses will launch apps in the coming months.*

- UC Irvine Counseling Center staff were trained as Question, Persuade, Refer (QPR) Suicide Prevention Certified Trainers.
- The UCSF School of Pharmacy trained staff to provide student mental health resources.
- UCLA launched Mental Health First Aid training.
- UC Merced hosted its third annual ASCEND New Student Success Conference that included raising awareness of student mental health.
- UC Berkeley recently launched the "[Look for the Signs Campaign](#)," focusing on awareness of depression and how to intervene.

Contact: Taisha Caldwell at [Taisha.Caldwell@ucop.edu](mailto:Taisha.Caldwell@ucop.edu).

**Suicide Survivor Speaks Out to Help Others:** Kevin Hines, author of "Cracked, Not Broken," a book about surviving a jump from the Golden Gate Bridge, will speak on September 30<sup>th</sup>, 2013, from 7:00-9:00pm in Angelico Hall at Dominican University of California. In an effort to reach out to people who are depressed or considering suicide, Hines speaks from the heart about his mental health challenges and recovery. The event is sponsored by the North Bay Suicide Prevention Program of the Family Service Agency of Marin, Marin County Health and Human Services, and the Marin County Office of Education. View more information [here](#). Contact: Amy Faulstich at [afaulstich@fsamarin.org](mailto:afaulstich@fsamarin.org) or (415) 499-1193 x3004.

**Candle Light Event Makes a Statement of Caring, Remembering, Supporting:** On Tuesday, October 1<sup>st</sup>, 2013, from 5:00-8:00pm, join thousands of students at 20 campuses across California and light a candle for people who are, or have been, impacted by suicide, trauma, and mental health challenges. Four other campuses will participate later in October. The events are free, and open to all. View a list of participating campuses and contact information for each [here](#).

**NAMI CA Seeks Participants for Parents and Teachers as Allies Presenter Training Program:** NAMI CA has extended the deadline for the Parents and Teachers as Allies Presenter Training Program to Friday, October 4<sup>th</sup>, 2013. They are looking for educators, parents of a child who experienced symptoms of a mental illness while in school, or young adults who experienced a mental illness as a child and are in recovery. Trainings will be held on October 19<sup>th</sup>, 2013 in Ontario and October 26<sup>th</sup>, 2013 in Campbell. Contact: Kelly Boyles at [Kelly.boyles@namicalifornia.org](mailto:Kelly.boyles@namicalifornia.org).

### **Prop. 63 in the News**

The [San Francisco Chronicle](#) highlighted San Francisco Suicide Prevention (SFSP)'s innovative text-based suicide intervention program, My Life. Last month, SFSP began My Life as a pilot program with one San Francisco high school and plans to expand to other schools in the city early next year.

[CBS in San Francisco](#) profiled Victor and Mary Ojakian's efforts to expand mental health services to all UC, CSU, and community college campuses through Prop. 63.

UC Berkeley's [Daily Californian](#) explored how a campus-wide online survey will be used to improve student mental health on campus.

### **Down the Pipeline**

**October is National Bullying Prevention Month:** Resources for educators, mental health staff, parents, caregivers, and community members are available on [CCSESA's Regional K-12 Student Mental Health Initiative Clearinghouse and Website](#). Contact: Diane Lampe at [dlampe@equsd.net](mailto:dlampe@equsd.net) or (916) 228-2542.

**"Send Silence Packing" Builds Awareness of Suicide Risk on College Campuses:** The California Community Colleges Student Mental Health Program launched earlier this month on California college campuses and will come to California's Capitol on October 11<sup>th</sup>, 2013. The program promotes a positive dialogue about mental health on college campuses and raises awareness about student suicide with a powerful traveling public exhibit of 1,100 backpacks, representing the number of college students who die by suicide each year. For dates of other stops on the campus tour, visit [the CalMHSA Express from June 17, 2013](#). Contact: Isabel Reyna at [ireyna@foundationccc.org](mailto:ireyna@foundationccc.org).

**California Community Colleges Help Student Veterans Transition to Campus:** Starting this week, "Welcome Home: Veterans on Campus," a no-cost training, will help faculty and staff support student veterans by increasing their awareness about military culture, Posttraumatic Stress Disorder (PTSD), military sexual violence, and other transitional challenges specific to student veterans. Campus staff and faculty, neighboring community colleges, UCs and CSUs, community-based organizations, and county mental health organizations are invited to attend. View dates and details by participating campus: [Bakersfield College](#); [Cuesta Community College](#); [Cabrillo College](#); [Mira Costa College](#); [Orange Coast College](#); and [San Bernardino Valley College](#).

Do you have news to share? Send submissions to Jenna Thompson at [Jenna@paschalroth.com](mailto:Jenna@paschalroth.com).